

# Fruit

Fruit is a good source of vitamins, minerals, and fiber. Eating fruit helps to reduce your risk of ...

- cancer
- heart disease
- stroke
- diabetes, and
- other diseases.



It may also help you to control your hunger and weight.

Try to eat fruit rather than drink fruit juice. Fruit provides more nutrients and helps to fill you up compared to juice. Fresh fruit, fruit canned in its own juice, or frozen fruit with no added sugar are the best choices.

## **A serving of fruit is...**

- 1 medium piece (whole fruit)
- $\frac{1}{2}$  cup fruit (fresh, frozen or canned)
- $\frac{1}{2}$  cup of 100% juice
- $\frac{1}{4}$  cup dried

**Try to eat from a rainbow of colors of fruit.  
Each color provides different nutrients.**



**Aim for at least 5 servings of fruit and/or vegetables each day!**

